

Meeting a Person With Hearing and Vision Loss

www.VisionAware.org

Tips for Living with A Combined Hearing and Vision Loss

Hearing loss may increase with age, and many people have difficulties coping, especially if experiencing combined hearing and vision loss. Fortunately, you can take steps to remain fully engaged in the world around you.

To Better Facilitate One-on-One Communication, Ask Others To:

- Just speak naturally and clearly, enunciating words and don't shout.
- Speak to me without objects or hands in front of your face.
- Say my name before talking to me.
(Ex: Hi, Joe, it's John. How are you today?).

VisionAware[™]

For independent living with vision loss

Meeting a Person With Vision and Hearing Loss

www.VisionAware.org



**Man Uses Assistive
Listening Device**

- Let me know when you are leaving the room.
- Stay close by when talking to me but don't encroach on my personal space.
- Stand or sit near my better ear.
- Be patient if I ask you to repeat yourself so that I can understand what you are saying.
- Let me know if my voice is too low or too loud. (Draw a line up or down my arm to lower or raise my voice, much like a volume control).

Eating in a Restaurant:

- Call ahead when possible to reserve seating in a quiet, well-lit area (away from the kitchen and front entrance).
- When possible sit with your back against a wall or high-back booth so that the sound will bounce back to you.

VisionAware[™]

For independent living with vision loss

Meeting a Person With Vision and Hearing Loss

www.VisionAware.org

- If you have an assistive listening device with a directional microphone, sit with your back toward the crowd noise. Point the microphone toward the wall or back of the booth so the sound will bounce back.
- Sit with your back to windows to avoid glare.
- Ask the wait staff for the help you need, such as:
 - Reading you the menu
 - Assisting you in the buffet line
 - Telling you what is on your plate
 - Alerting you to a beverage refill
 - Cutting your meat into small pieces before bringing it to the table



**Pocket Talker Assistive
Listening Device**

Technology to Enhance Communication Hearing Aids

There are a variety of sizes and styles of hearing aids. Contact a certified audiologist to see which type aid will best benefit you. For information: 800-638-8255.

VisionAware[™]

For independent living with vision loss

Meeting a Person With Vision and Hearing Loss

www.VisionAware.org



Assistive Listening Devices

These devices can be used with or without a hearing aid to enhance a person's voice.

CART: (Communication Access Realtime Translation)

This is verbatim text of spoken presentations provided for live events. Only the text is provided on a computer screen or projected for display on a larger screen. CART is helpful in group settings.

Low Vision Aids

If you have low vision, you may benefit from optical magnification. Visit a low vision specialist for help.

visionaware.org/GSlowvision

Enjoying TV

- Consider sitting closer to the TV to hear (understand speech) and see it better.
- To reduce glare, position the TV so that your back is to a window and close blinds or curtains.

VisionAware[™]

For independent living with vision loss

Meeting a Person With Vision and Hearing Loss

www.VisionAware.org



- Try a TV headset, one-on-one wireless FM system or assistive listening device to enhance hearing.

Hearing and Vision Loss Resources:

Helen Keller National Center Senior Adult Services

www.hknc.org

VisionAware Videos explain helpful devices for living with vision and hearing loss:
visionaware.org/GShearingandvisionloss

iCanConnect, the National Deaf-Blind Equipment Distribution Program, is an FCC program in all 50 states, Puerto Rico and the U.S. Virgin Islands. It offers free distance communications technology and training for people who qualify:
<http://www.icanconnect.org/>

VisionAware[™]

For independent living with vision loss

Meeting a Person With Vision and Hearing Loss

www.VisionAware.org



**Man Using Captopel To
Converse on Phone**

Telecommunications Equipment

Distribution Programs (TEDPs) provide free or low-cost equipment to qualified individuals to accommodate hearing loss and improve phone access.

<http://www.hearingloss.org.org/content/tedps-state-listing>

Financial Assistance for Hearing Aid Programs

<http://www.hearingloss.org/content/financial-assistance-programs-foundations>

VisionAware[™]

For independent living with vision loss